



NOAA DIVING PROGRAM SWIM TEST EVALUATION

Candidate Name: _____ Date of Test: _____

Please rate the individual's execution of NOAA swim test as per NAO 209-123. Watermanship of candidate showing a noticeable degree of confidence must be verified prior to arrival at NDC for upcoming training/as part of review for certification requirements. Personnel attending training are required to successfully perform this test during the first day of pool work.

Watermanship Criteria

1. 500 yard swim - Individual is to swim an uninterrupted 500 yards (No stops) using crawl, side stroke or breast stroke. Time required to complete swim: _____.
2. 50 feet underwater swim without surfacing - Individual is to swim underwater, without fins, a distance of fifty (50) feet without surfacing.
3. 30 minute float - Individual is to tread water for 30 minutes without flotation aids.

All items are to be completed in one pool session. NDC suggest that the underwater swim be completed first, followed by the 500 yard swim then the 30 minute float. A 10 - 15 minute rest is recommended between each element.

The above candidate has satisfactorily completed the required swimming evaluation criteria. The candidates swimming ability is - Poor / Satisfactory / Excellent.

UDS/Divemaster	Phone #	Date
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Organization/Unit

Return verification to NDC upon completion of test or include with certification packet.

NOAA Diving Center (NDC)
7600 Sand Point Way N.E.
Seattle, WA 98115-0070
FAX: 206/526-6506
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